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LOUIS F. WAGNER, Asst. Cashier.

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West Main St.

Jackson, Mo.

A Child Can Cook Dinner



The Free Fireless Cooker
given away with

Mother's Oats

is so simple that a child can operate it. It will cook not only MOTHER'S OATS, but the entire dinner: meat, soup, potatoes, without fuel and attention of any sort.

It will save you 80 per cent. of your gas or coal bill and 80 per cent. of your time. Just heat the MOTHER'S OATS (or any other food) on your stove, take off as soon as it boils, place in the Cooker, which will continue the cooking until done. The food cannot burn and cannot boil over.

MOTHER'S OATS is the ideal food. The Mother's Oats Cooker is given free with the Mother's Oats coupons found in every sanitary sealed package of

Mother's Oats (regular and family sizes)
Mother's Corn Meal (white or yellow)
Mother's Wheat Hearts (the cream of the wheat)
Mother's Hominy Grits
Mother's Corn Flakes (toasted)

Mother's Coarse Pearl Hominy
Mother's Old Fashioned Steel Cut Oatmeal
Mother's Old Fashioned Graham Flour

We will ship you this \$3.75 Fireless Cooker Free for 125 coupons.

Buy today ten packages of MOTHER'S OATS at \$1.20, or ten packages of assorted Mother's Cereals at EVEN LESS, send us the ten coupons taken from the packages with \$1.15 in cash and receive at once a Fireless Cooker.

Ask your grocer. If he doesn't keep Mother's Cereals write us today, giving his name and yours, and we will send you free a useful souvenir.

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Home Course In Domestic Science

IV.—Vegetables In the Diet.

By EDITH G. CHARLTON.

In Charge of Domestic Economy, Iowa State College.

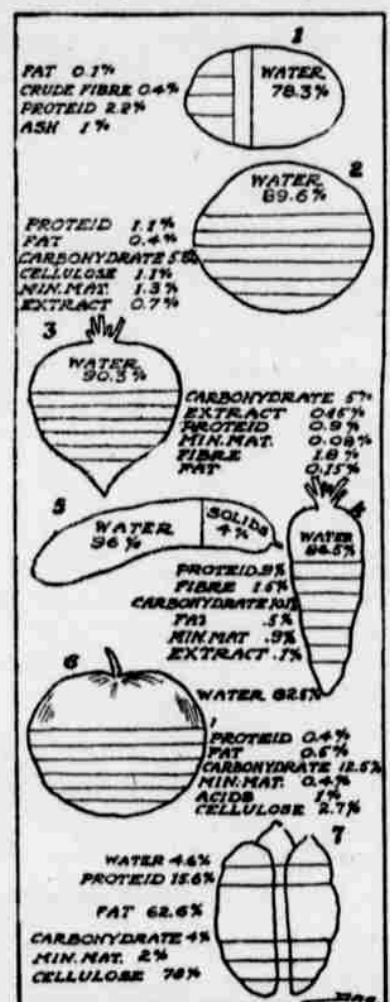
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THESE are three main reasons for cooking—viz, (1) to develop flavors and make foods more palatable, (2) to make some foods more digestible and (3) to kill germs. As a rule, simple methods for preparing foods are preferable because they preserve the original flavor. Vegetables, which will form the principal subject of this article, are better when cooked simply without the accompaniment of other ingredients.

In cooking any food the first great essential to success is to be accurate in method. Accuracy in measuring and combining ingredients with a knowledge of the effect of heat on different food materials, combined with interest in the task, can almost always be relied upon to insure a successful finished product. Indeed, it can be safely stated that there is no such thing as luck in cooking. Success depends upon a knowledge of certain physical and chemical phenomena which always occur under certain conditions. It is ignorance of or lack of attention to these underlying principles which results in so many unsatisfactory and indigestible dishes being served on our tables.

Composition of Vegetables.

There are a variety of food materials which cannot be classed as nutritious, and yet they have a distinct value in the diet. For instance, fresh fruit and vegetables are not especially nourishing as far as making blood and muscle and giving heat and energy are concerned, but both should be given an important place in the daily bill of



COMPOSITION OF FRUITS AND VEGETABLES.
1. Composition of potato. 2. Composition of cabbage. 3. Composition of turnip. 4. Composition of carrot. 5. Composition of cucumber. 6. Composition of apple. 7. Composition of walnut.

fare. There are also some food materials which, while very nutritious, require a considerable effort on the part of the digestive organs to make them available for the body. So it is clear that one must know something about the structure, composition and food value of any material before it can be handled intelligently. Now, what about vegetables and their preparation for the table? Practically all green vegetables contain a large amount of water, with a smaller percentage of starch, a very little protein, some sugar, gum and woody fiber.

The older the vegetable the harder the woody fiber becomes until the vegetable which has been left in the ground till late in the season can be torn apart like coarse threads. It is this fiber which renders vegetables hard to digest and which necessitates cooking in order to soften it. Most vegetables contain some mineral matter and certain volatile essential oils which give them their characteristic flavor. If the cooking is not properly performed the essential oils may change in their character and the original flavor of the vegetable be destroyed.

Vegetables are useful in the diet for three reasons:

First.—The mineral salts are needed to keep the blood pure and for bone formation in the young. People who are denied fresh fruits and vegetables for any length of time are likely to develop certain skin diseases.

Second.—The woody fiber, just because of its indigestibility, has a value in the diet. It furnishes waste matter

and further and assists the action of the intestines.

Third.—Some vegetables, such as potatoes and corn, are rich in starch and when eaten with the protein foods, such as meat, fish and eggs, serve to balance the diet.

Preparing Vegetables For the Table.

All green vegetables should be fresh and crisp when put on to cook. If for any reason a vegetable has become soft or wilted it should be soaked in very cold water until it again becomes plump and crisp. All vegetables should be thoroughly cleaned before cooking. Cabbages, cauliflower and brussels sprouts should be soaked, heads turned down, in cold, salted water to which a few spoonfuls of vinegar may be added. If there are worms or bugs in the vegetable they will crawl out in half an hour or a little longer.

To be cooked properly vegetables require rapid cooking until tender. Salt is usually added to the water before the vegetable is put in, except in the case of potatoes, which are better if salted just before draining. It is always better to cook vegetables uncovered, as this allows the escape of gases formed in the cooking. If these are retained they give the vegetable a strong odor and flavor and are sometimes found to be injurious. We all know that cooked cabbage seems to be more difficult to digest than when eaten raw. This is because the kettle is generally kept closely covered and the gases do not escape. Cabbage contains a relatively large amount of sulphur, which makes it indigestible and will cause flatulence when improperly cooked. It is one of the most useful vegetables, being available almost any season of the year, when other green vegetables are difficult to procure. It is therefore worthy of care in its preparation to suit it to the individual tastes and appetites. The quickest and simplest methods of cooking it are the best. It requires plenty of boiling water, a hot fire to keep the water bubbling all the time and thorough ventilation, that the strong smelling gases may be carried off in the steam. Young cabbage will cook in twenty-five minutes. Late in the season it will require at least forty minutes. Overcooked cabbage is dark colored, has a strong flavor and is a cause of digestive disturbances. When the cabbage has been cooked until tender it may be served with only butter and a seasoning of pepper, or either of the following sauces:

Sauce No. 1.

One cupful of cream, one teaspoonful of salt, one-eighth teaspoonful of pepper, one tablespoonful of flour, one tablespoonful of butter, one egg yolk and four tablespoonfuls of cheese. Melt butter, blend with dry ingredients; add cream. Cook until mixture thickens and pour gradually over egg yolks. Add grated cheese and allow to melt.

Sauce No. 2.

Serve with one-quarter cupful of melted butter, one tablespoonful of lemon juice or vinegar, three teaspoonfuls of Worcestershire sauce and one tablespoonful of chopped pimiento or red pepper.

Universally as potatoes are served, there is no vegetable which is more often sent to the table absolutely unfit to eat. When kept in a closely covered vessel or allowed to cook in unbroken skins they will become soggy and dark and have a rank flavor. If put on in cold water or allowed to cook slowly so as to become water soaked the potatoes will be most unpalatable. Few vegetables are more popular or more delicious than a potato properly baked, while one that is heavy, watery or baked until the skin is thickened and toughened is sufficient to cause dissension in the family circle.

For baking select medium sized potatoes, scrub well and dry them. Bake in a shallow pan in a moderately hot oven until soft—about forty-five minutes. When soft press between the fingers to break the skin and allow the steam to escape.

Creamed Potatoes.

Wash, peel and cut in dice of uniform size two cupfuls of raw potatoes. Cook in boiling water until tender, adding salt just before draining. Drain, return uncovered to fire to dry off; then add one cupful of white sauce. Cold boiled potatoes may be used cut in dice and reheated in milk.

White Sauce.

Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful of salt, one-eighth teaspoonful of pepper, one cupful of milk, one-fourth cupful of cheese, grated, and one tablespoonful of parsley. Melt butter, add flour and seasoning and when blended pour on milk gradually, stirring constantly until boiling.

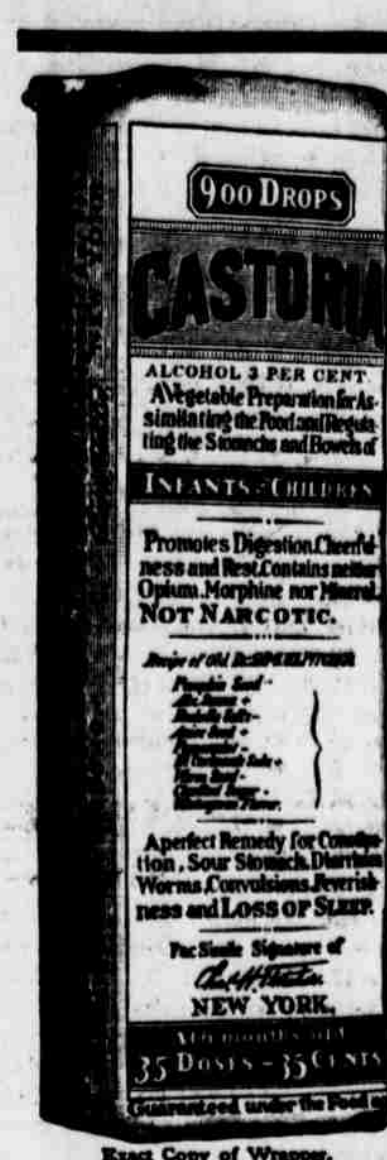
Potato Salad.

Three cupfuls of cold boiled potatoes, four tablespoonfuls of oil, two tablespoonfuls of vinegar, one tablespoonful of onion, one-half teaspoonful of salt, one-fourth teaspoonful of pepper and two hard cooked eggs. Blend carefully and allow to stand on ice for one-half hour. Combine with boiled dressing. Chop whites and grate yolks.

Potato Apples.

Two cupfuls of hot mashed potatoes, two tablespoonfuls of butter, one-third cupful of grated cheese, one-half teaspoonful of salt, a few grains of cayenne, a little grated nutmeg, two tablespoonfuls of thick cream and yolks of two eggs. Mix ingredients in order given and beat thoroughly. Shape as small apples. Roll in flour, egg and crumbs. Fry in deep fat and drain on brown paper. Insert a clove at both stem and blossom end.

There are numerous ways of preparing all vegetables; but, as previously stated, the simple methods are the best. The main point to remember is rapid cooking in constantly boiling water until tender.



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NOTICE OF REDEMPTION OF BONDS.

To Holders of Cape Girardeau Township, Cape Girardeau County, Missouri, 4 1-2 per cent Railroad Refunding Bonds:

Notice is hereby given that by authority of the county court of Cape Girardeau County, Missouri, by its order duly made and entered of record the County Treasurer of said County is directed to pay off and redeem Railroad Refunding Bonds of Cape Girardeau Township in said County numbered 28, 29, 30, 31 and 32 dated April 2nd, 1910, of the denomination of \$1000 each; said bonds, principal and interest, will be paid at the Mississippi Valley Trust Co., at St. Louis, Missouri, on the second day of April, 1910, and if not presented for payment on that day the interest on same will cease.

JOHN G. PUTZ,
County Treasurer.
FRED GOYERT,
County Clerk.

Jackson, Mo., March 1st, 1910. 21

Feeding Farm Hands.

Every farmer's wife knows what tremendous appetites farm hands usually have; but while they eat well they work well, too.

Here's a good suggestion about feeding farm hands. Give them plenty of Quaker Oats. A big dish of Quaker Oats porridge with sugar and cream or milk is the greatest breakfast in the world for a man who needs vigor and strength for a long day's work. The man that eats Quaker Oats plentifully and often is the man who does good work without excessive fatigue. There is a sustaining quality in Quaker Oats not found in other foods, and for economy it is at the head of the list. To meet all needs, Quaker Oats is packed in regular size packages, large size family packages and hermetically sealed tins (for hot climate).

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" " 824 " " 1:30 p. m.
ARRIVE—Daily.
Train No. 827 due " 12:35 p. m.
" " 828 " " 4:00 p. m.
Train No. 822 connects at Allenville with North-bound train 422.
Train No. 824 connects at Allenville with South-bound train 423.
S. B. ALLISON, Agent.

J. B. MILLER, President.

Don't try an experiment. Go to C. W. Henderson and get American Wire.

D. F. SADLER RESIDENT DENTIST



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TIME CARD NO. 22

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Cape Girardeau & Chester
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No 2 Mallard Ex Lv. Jackson 7:50 a.m.

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